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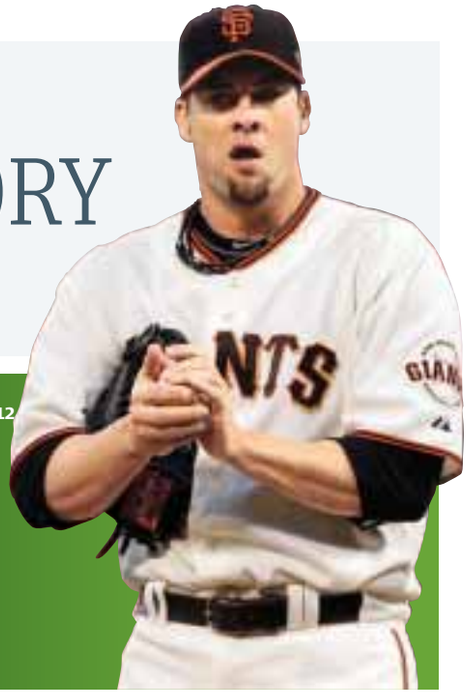
GIANTS' STARTER GETS GIANT VICTORY

VOGELSONG STRIKES OUT A CAREER-BEST NINE CARDINALS BATTERS TO FORCE NLCS GAME 7 PAGE 18



WINNIPEG metro®
Monday, October 22, 2012
News worth sharing.
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Hours separate 3 crashes

An officer at the scene of a crash on Henderson Highway Sunday morning. It was one of three major crashes overnight Saturday. SHANE GIBSON/METRO

Collisions. Separate accidents send numerous people to hospital on a hazardous Saturday night

ELISHA DACEY
elisha.dacey@metronews.ca

Three major crashes within eight hours closed several major Winnipeg streets Saturday night and sent numerous people to hospital.

The first happened at about 7:30 p.m. Saturday when two cars collided on Main Street near Redwood Avenue. Winnipeg Police Service Const. Jason Michalyshen said a Volkswagon and a PT Cruiser collided at the intersection. Emergency personnel had to cut the roof of the Volkswagon off to rescue the driver, who was taken to hospital in stable condition. Michalyshen said there were no major injuries.

The second happened around 11:40 p.m. when a Ford F-150 truck T-boned a Chevy Cobalt at the intersection of Polson Avenue and Arlies Street. Michalyshen said the driver of the truck fled on foot. The male driver of the Cobalt was taken to hospital where they remain in critical condition. A male passenger in the Cobalt sustained minor injuries.

The third collision happened at 4:05 a.m. when a single vehicle appeared to have lost control on Henderson Highway. Const. Michalyshen said the driver was travelling southbound on Henderson Highway when he lost control. The car struck a tree and came to rest on its roof. The driver of the vehicle, an adult male, is in critical condition.

Michalyshen said Henderson Highway was closed in both directions between Martin and Carmen avenues while police remained on scene most of the day.

'Pegger misses out on millions

Richard Pope may not be worth seven figures — but he still won a pickup truck, $42,000 in cash and a $25,000 gift certificate PAGE 4

Lunch-box revolution

Is your kid sick of boring old sandwiches? Read how Food Network chef Dale MacKay injects fun and healthy choices into his son's lunch PAGE 14

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Tip line. Police get new info on suspected serial killer

Winnipeg police said Friday they have received new information in their investigation of a drifter accused of killing three aboriginal woman in separate incidents over the past year.

Dozens of people, many from outside Winnipeg, have called a national tip line set up in July about Shawn Lamb. Some of the information is prompting investigators to go back and talk to previous callers, although police would not be specific.

"Obviously, for the sake of the investigation, I'm not in a position to share those details," Const. Jason Michalyshen told reporters.

"To say that there might be something new that has come to the table, and now we want to explore it further by conducting these interviews with respect to the individuals that previously called, I think it's absolutely fair to say that."

Lamb is accused of second-degree murder in the deaths of Tanya Nepinak, Carolyn Sinclair and Lorna Blacksmith. The tip line was set up in part to determine whether Lamb, 52, might be connected to any unsolved cases across Canada.

Blacksmith, 18, was found dead in January. Sinclair, 25, died in March. Both bodies were found wrapped in plastic near garbage bins.

Nepinak's body has never been found. It's believed the 31-year-old's body was put in a dumpster and ended up in the Brady landfill just south of the city. Police searched a section of the landfill for a week earlier this month, but found no sign of Nepinak.

On Friday, protesters demonstrated outside city hall, calling for the search to be renewed.

Lamb remains in custody.

THE CANADIAN PRESS

Making noise at MTS Centre

Marianas Trench lead singer Josh Ramsay sings to the 5,035 — mostly teenaged, but all screaming — fans that packed into the MTS Centre Sunday night. The pop-punk quartet is on its fall Face the Music tour. Go to metronews.ca to see more photos. SHANE GIBSON/METRO

Police. 4 arrested after city's 25th homicide

A man found severely beaten has died, becoming Winnipeg's 25th homicide victim of the year.

Police believe 38-year-old Leroy George Ross, of Winnipeg, was drinking at a party on Wednesday evening when he allegedly got into a fight with three women.

He was physically assaulted in the house and backyard. A male suspect then assaulted Ross further, police said.

Ross was left outside, where he was found Thursday morning at about 10:35 by a Division 13 beat officer in the 300 block of Aberdeen Avenue.

Ross died of his injuries early Friday and police are now awaiting autopsy results.

Mary Sue Harper, 37, Linda Margaret McDoughall, 35, Debbie Rose Redskye, 42, and Swanson Annanias Ross, 42, have been charged with manslaughter.

All four are detained.

METRO

Disraeli Bridges now completely open

Big project. But there's still work to be done

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

It has enough steel to build 22 Boeing 747s and was launched to great fanfare by numerous representatives of the three levels of government.

The Disraeli Bridges Project was officially opened during a cold, windy Friday morning, however, the dignitaries present had nothing but warm words for the new$195-million structures.

More than 3,800 tonnes of steel were used on the bridges, said Brad Sacher, the City of Winnipeg's director of public works.

"The roadway was realigned and the exits and entrances were designed to allow for smoother movement of all forms and modes of transportation," added Sacher.

Premier Greg Selinger congratulated all of the councillors, MLAs and MPs who fought to keep the bridge open during construction.

"The bridge will be extended, its life, for another 75 years," said Selinger. "That's a tremendous accomplishment as well, to have infrastructure that will last that long."

Mayor Sam Katz said it was on Oct. 19, 1960, that ex-mayor Stephen Juba and former Manitoba premier Duff Roblin opened the Disraeli Express Project.

"It certainly is my pleasure to be here 52 years later — to the day — to open the new Disraeli Bridges Project," said Katz, adding 42,000 people travel that route every day. "That's why the City of Winnipeg was so supportive of the Plenary Roads design solution to build a new bridge alongside the existing structure."

Neil McCrank, Plenary Group's vice-president of asset management, said his company is looking forward to being a part of more public-private partnerships (P3) with the city.

"We are very happy and proud to be involved in this project," said McCrank, adding a message of thanks to the residents of northeast Winnipeg, "as much as we tried to minimize the disruption, I'm sure that they're happy to see it completed as well."

$195-million project

The original Disraeli Bridges were built in 1959 and 1960. The new bridges cost $195 million and were financed through a public-private partnership (P3) funding arrangement and $18.3 million from the Canadian government's Gas Tax Fund.

Neil McCrank, Plenary Group's vice-president of asset management, said his company is proud to have been chosen to design, build, finance and maintain the new bridges. BERNICE PONTANILLA/METRO

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Still a winner. 'Pegger misses out on million, but wins cash, gift card, truck

Winnipeg's Richard Pope missed out on seven figures, but won a pickup truck, $42,000 in cash and a $25,000 gift certificate in Wendy's Kick for a Million competition Friday.

The 35-year-old multimedia editor from the Winnipeg Sun made a 20-yard kick to collect the hefty gift card from The Source and a 30-yard boot for a Nissan truck worth $45,598 before missing a 40-yard kick worth $100,000.

The 50-yard attempt, worth $1 million, was short and to the right. He won $42,000 for the attempt — a thousand for every yard.

Pope said he made good contact on the 20- and 30-yard kicks.

"If I could have hit the ball like that on the 40 and 50, I think I might be even a richer man," he said with a smile. "But I can't complain ... That's a pretty good night's work."

Pope beat Dave Swanston of Burlington, Ont., on Thursday to advance to the final at halftime of the Toronto-Winnipeg CFL game. The quarter-final was held in Vancouver.

"It's been a whirlwind three weeks," he said.

The recreational soccer player had never attempted a field goal before that.

Pope's name was selected from more than 14 million online entries. He submitted 1,047 of them.

In 2005, mechanical engineer Brian Diesbourg of Belle River, Ont., kicked the 50-yard field goal to win $1 million. THE CANADIAN PRESS

Policy. Judge calls for defibrillators following death in holding cell

A Manitoba judge is calling for defibrillator machines in all police stations and anywhere else police keep people in custody.

Provincial court Judge Robert Heinrichs makes the recommendation following an inquest into the 2007 death of Wilfred Asham at police headquarters in Winnipeg.

Asham was arrested after stealing a truck and crashing it into a chain link fence.

After being taken to a holding room, Asham collapsed and police called an ambulance, but paramedics could not resuscitate him.

An autopsy showed Asham died of probable cardiac arrhythmia.

The inquest report says a defibrillator machine might have prevented the death.

The judge also recommends that all police forces develop a clear policy which sets out circumstances in which someone taken into police custody should first be cleared by a paramedic or emergency room personnel.

"I am not suggesting that if such a policy had been in place that morning, that it would have mandated a medical exam prior to the officers taking (Asham) to the police station," Heinrichs wrote.

"That is for the policy makers, in consultation with medical doctors, to decide. However, a clear policy, with guidelines for officers to follow, is called for."

THE CANADIAN PRESS

Online
For more local news go to metronews.ca.

Trudeau rallies Winnipeg support, takes a swipe at Harper

Locals, politicians and people pack the Punjab Banquet Hall Saturday to hear Liberal leadership hopeful Justin Trudeau make a quick speech. Trudeau talked about staying positive, then took a swipe at Prime Minister Stephen Harper's dismantling of the Canadian Wheat Board's monopoly before 300 excited supporters. STAN MILOSEVIC/CHRISD.CA

Sentencing appeal date set for James

Hearing. The Crown had asked for a six-year term for former junior hockey coach Graham James

A hearing has been set in Manitoba Appeal Court for the Crown's attempt to get a harsher sentence for disgraced junior hockey coach Graham James.

Dec. 3 has been set aside for arguments over the two-year sentence given to James for sexually abusing retired NHL star Theo Fleury and his cousin, Todd Holt, when they were teenage players in the Western Hockey League.

The sentence last March prompted outrage from James's victims.

The Crown had asked for a six-year term and, in its appeal, says the judge erred by placing too much emphasis on James's previous time behind bars.

James was sentenced to 3 1/2 years in 1997 for molesting former NHLer Sheldon Kennedy and two other players.

The former coach got out of jail in 2000 and dropped out of public view.

He is eligible to apply for day parole for his latest convictions, but the National Parole Board says it has not received any applications from James.

If the Crown is not successful in its appeal, James will be eligible for full parole in November and for statutory release next July.

His lawyer, Evan Roitenberg, would not comment on why James has yet to seek parole and whether he will apply in the coming months.

Roitenberg had asked for a conditional sentence with no jail time. Following his client's sentencing last spring, Roitenberg said James had accepted his fate and had been punished enough.

When provincial court Judge Catherine Carlson handed down the two-year sentence, she said Holt and Fleury were essentially trapped and subjected to "degrading and humiliating" assaults.

But she added that James expressed remorse, apologized to his victims and has experienced "an extreme degree of humiliation" — factors she said warranted a reduction in his sentence.

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Fatal spa shooting may be related to domestic dispute

Suspect had a restraining order against him. Police chief says 45-year-old suspect in deadly rampage died of self-inflicted wound

Radcliffe Franklin Haughton, 45, of Brown Deer, Wis. COURTESY OF BROOKFIELD POLICE DEPT./THE ASSOCIATED PRESS

A man who had been accused of domestic violence and slashing his wife's tires took a gun into the spa where she worked and shot seven women, three fatally, before killing himself, a police chief said.

The shootings set off a confusing, six-hour search Sunday for the gunman that locked down a nearby mall, a country club adjacent to the spa and the hospital where the survivors were taken. The search froze activity in a commercial area in Brookfield, a middle-to-upper class community west of Milwaukee, for much of the day. Ultimately, he was found dead in the spa.

Authorities said it would take time to sort out exactly what happened, and emphasized they were still interviewing witnesses and rescuers and did not have a firm timeline of events. At a news conference Sunday night, Mayor Steve Ponto called the shootings "a senseless act on the part of one person."

The chaos started around 11 a.m. at the Azana Day Spa, a two-story, 9,000-square-foot building across from a major shopping mall. The first officers on the scene found the building filled with smoke from a fire authorities believe was set by the suspect, Radcliffe Franklin Haughton, 45, Police Chief Dan Tushaus said.

The bodies of the victims were found in the spa. Tushaus said investigators were still working to identify them. It wasn't clear if the man's wife was among the victims.

Haughton had recently been arrested after witnesses identified him as the person who slashed his wife's tires, police said.

He appeared in court Thursday. A four-year restraining order was issued, and Haughton was ordered to turn any firearms over to the sheriff's department. THE ASSOCIATED PRESS

North America's first aboriginal saint

Nuns hold images of Canada's Kateri Tekakwitha, the first Native American to achieve sainthood, as they wait for the start of a canonization ceremony celebrated by Pope Benedict XVI, in St. Peter's Square, at the Vatican on Sunday. The pontiff canonized seven people: Tekakwitha, Maria del Carmen, Pedro Calungsod, Jacques Berthieu, Giovanni Battista Piamarta, Mother Marianne Cope and Anna Shaeffer.

ANDREW MEDICHINI/THE ASSOCIATED PRESS

Protests in Lebanon turn violent over assassination

Civil unrest. Protesters blame Syria for death of intelligence official

Lebanese protesters clash with security forces on Sunday after the funeral of Brig. Gen. Wissam al-Hassan, killed Oct. 19 in Beirut. HUSSEIN MALLA/THE ASSOCIATED PRESS

Lebanese security forces unleashed a barrage of gunfire and tear gas in central Beirut on Sunday to disperse hundreds of protesters trying to storm the government headquarters after the funeral of a top Lebanese intelligence official who was killed by a car bomb.

The protesters blamed the assassination on the government of neighbouring Syria and consider Lebanon's current government to be too close to that embattled regime.

Many also chanted against Hezbollah, the Lebanese militant group that dominates the government and serves as the Damascus regime's closest Lebanese ally.

As the battle raged, with protesters and security personnel pelting each other with hunks of concrete, metal bars and tear gas canisters, former Prime Minister Fuad Saniora appealed for calm.

"The use of violence is unacceptable and does not represent the image that we want," Saniora said in a televised address.

Even before Friday's bombing, the civil war in Syria had set off violence in Lebanon and deepened tensions between supporters and opponents of President Bashar Assad's regime. The assassination has laid bare how vulnerable Lebanon is to renewed strife, threatening to shatter a fragile political balance struck after decades of civil unrest — much of it linked to Syria.

Sunday's clashes erupted after the funeral for Brig. Gen. Wissam al-Hassan, who was killed along with his bodyguard by a Beirut car bomb on Friday. Al-Hassan, 47, was a powerful opponent of Syria in Lebanon.

THE ASSOCIATED PRESS

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Wednesday, 24 October 2012
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Strings and Winds
Thursday, 25 October 2012
- Winnipeg Pops Orchestra
- Winnipeg Mandolin Orchestra
- Westwood Community Band

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News worth sharing.

Harnessing Africa's growth

Africa 2.0. A network of emerging leaders wants to rebrand the continent, encourage entrepreneurship and capitalize on stability

ELISABETH BRAW
Metro World News in London

In Addis Ababa, donkeys and goats graze by a street, with a "Facebook and Internet café" for a backdrop. There are shacks, open pits, garbage pickers — and young entrepreneurs toting iPads.

But Ethiopia is not the only African country with rapid growth. Last year Ghana was the world's fastest-growing economy, according to the Africa Progress Report. Among the others in the world's top 10: Congo, Mozambique, Nigeria, Zimbabwe and the Democratic Republic of the Congo. Welcome to Africa 2.0.

"Africa has one billion people, and will have two billion by 2040," notes Mamadou Toure, a young former JP Morgan banker who now works for the International Finance Corporation.

"It's a very young population. That's a huge potential workforce. And, thanks to democratization and stability, many Africans are returning from the diaspora. These young Africans are better educated, too. And all of this attracts investors as well."

Toure, who was born in Senegal and grew up in France, is one the founders of Africa 2.0, a network of emerging African leaders in politics, business and civil society.

Stability has led to impressive growth in former war zones like Rwanda, whose economy grew by nearly seven per cent last year, powered by tourism and exports of tea and coffee.

"Rwanda, Uganda and Ghana are good cases in point," says Lina Mohohlo, Governor of the Central Bank of Botswana and a board member of the Africa Progress Panel, a group of international leaders monitoring African development.

"Their economic growth is underpinned by policy reforms, the gains from diversifying the economies, growing exports related to growing international demand and rising commodity prices. There's no reason why the continent shouldn't sustain this positive development."

In Accra, the capital of Ghana, Vodafone is building shiny new headquarters. Indeed, a whole new Airport City is rising around the ramshackle airport.

Toure knows Africa's remaining challenges well. "Several years ago, young Africans were starting to move back, but Africa was still the Dark Continent, with frequent coups.

"Now that's changing. Young Africans want to rebrand Africa, introduce best practices, establish a vision for our continent. And we have to make sure our growth is shared. That's why entrepreneurship is so important."

Quoted

"We know we can't change 55 countries overnight. But many are willing, and the others will follow due to the force of success."

Mamadou Toure, an executive with the International Finance Corporation and a founding member of the Africa 2.0 network of emerging leaders

Developing apps at an Internet café in Kumasi, Ghana. ELISABETH BRAW/METRO WORLD NEWS

Africa outpaces the world

Of the world's 10 fastest-growing economies, eight are African:

1 Ghana: Strengths are agriculture (predominantly cocoa), oil, tourism
2 China
3 Republic of Congo: Strengths are oil, minerals, engineering
4 Ethiopia: Strengths are agriculture (predominantly coffee), textiles, manufacturing
5 India
6 Mozambique: Strength is aluminum
7 Nigeria: Strengths are telecommunications, construction, retail, manufacturing
8 Rwanda: Strengths are agriculture (predominantly tea and coffee), tourism, minerals
9 Democratic Republic of Congo: Strengths are agriculture, minerals, construction
10 Zimbabwe Strength is mining

Wireless. Wave of brazen phone thefts in U.S. leaves authorities, carriers scrambling

In San Francisco, a tech-savvy city teeming with commuters and tourists, the cellphone has become a top target of robbers who use stealth, force and sometimes guns.

Nearly half of all robberies in San Francisco this year are cellphone-related, police say, and most occur on bustling transit lines. One thief recently snatched a smartphone while sitting right behind his unsuspecting victim, then darted out the rear of a bus in mere seconds. Another robber grabbed an iPhone from an oblivious bus rider — while she was still talking.

These brazen incidents are part of a ubiquitous crime wave striking coast to coast in the U.S. Thefts of cellphones — particularly expensive do-it-all smartphones — are costing consumers millions of dollars and sending law enforcement agencies and wireless carriers nationwide scrambling for solutions. THE ASSOCIATED PRESS

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A COUPON ISN'T MUCH OF AN HONOUR

URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

How do you honour a hero? Well, if you're the City of Winnipeg, you apparently think coupons are the answer.

City council will decide this week if it will go ahead with a plan initiated by the mayor to "honour" military veterans by giving them each a coupon book worth $20 in free on-street parking. Executive policy committee has already approved the proposal.

Good grief, what's next? Complimentary bulky waste pickup for police officers? A Groupon for 50 per cent off a Pilates class for firefighters?

Of all the silly, random ideas to come out of city hall in recent years — and that's a long list — this ranks near the top.

Even the way this proposal came about was random — someone phoned into a radio show and suggested it to the mayor. If that caller had suggested waiving the new garbage fee for veterans or providing them with free passes to city recreation centres, would we debating those ideas now?

Ignoring some of the obvious flaws in logic — like the fact that many of our oldest veterans no longer drive — what does it say about our current civic leadership that when pressed to come up with a way to reward veterans, the best thing they can imagine is free parking? Yes, parking is apparently the most valuable commodity in our city.

Paying respect

Perhaps the mayor and council could simply take the time to actually attend Remembrance Day ceremonies.

Look, I appreciate the sentiment behind this plan, and at first glance it might appear to be nice gesture toward those who have served in the military. But surely we can do better than parking coupons.

We have done better in the past, when we've named parks, streets, schools and lakes to recognize significant battles or war heroes. Think of Vimy Ridge Memorial Park, Valour Road or Mynarski School. So maybe the city should look to do more of that.

Or maybe city hall can take the money this coupon program is estimated to cost — between $46,000 and $160,000 — and donate it toward veterans' organizations or events.

Maybe rather than staging a photo op with every C-grade celebrity who comes through town, the mayor's office could assemble every living veteran in Winnipeg for the largest Key to the City ceremony ever.

Or perhaps the mayor and council could simply take the time to actually attend annual Remembrance Day ceremonies. It would be a start.

We should have a meaningful conversation about how to properly recognize our veterans, from the remaining few who fought in World War II to those who are active today in places like Afghanistan or the Sinai Peninsula.

But I'd hope that conversation would lead us all to something more meaningful than, "Thanks for putting your life on the line to defend our country... here's your coupon book."

Not-so-smart cookie

That sweet tooth could rot your brain, study says

Bad news sugar lovers: a diet high in fructose won't just make you fat; it may also make you stupid, according to research out of California.

A steady high-fructose diet disrupts the brain's cognitive abilities, leading to poor learning and memory retention, says a study by Fernando Gomez-Pinilla, a neurosurgery professor at the David Geffen School of Medicine at UCLA and Rahul Agrawal, a visiting UCLA postdoctoral fellow from India.

"This type of diet. . . (affects) the transmission of information across cells. . . . Learning and memory and practically any type of brain function depend very much on how transmission is transported across cells," Gomez-Pinilla said in an interview with Torstar News Service.

Research has already proven a high-fructose diet leads to a slew of health concerns, including obesity, diabetes and fatty liver.

TORSTAR NEWS SERVICE

Rage against the machine

KEITH CROWLEY/SOLENT

'Wild' life

Angry elk vents fury on family car

This angry elk started attacking passing cars after having a fight during mating season.

The fuming animal, which had been clashing with other male elk, lashed out at tourists who had stopped to watch the beasts at Yellowstone National Park in Wyoming.

It is rutting season and male elks (bulls) are trying to attract the attention of female elks (cows) to breed with.

"In the process of trying to win over a harem, the elks battle each other," the photographer, Keith Crowley, explained. METRO

Photographer's viewpoint

"In their heightened state, they will also attack anything they see as a threat to 'their' cows, including pedestrians and vehicles."

Wildlife photographer Keith Crowley, 51, from Wisconsin.
Crowley said drivers couldn't resist slowing down to take a look at the gathering of around 60 elks one evening.

Elk

- **Population in Yellowstone.** Most abundant large mammal found in Yellowstone: more than 30,000 during the summer and roughly 15,000 to 22,000 in the winter. Elk have frequented Yellowstone for more than 900 years.
- **Rut is a riot.** During the breeding season (September to mid-October), bulls coat themselves in mud 'perfume' to attract mates. Bulls spar each other with antlers and cry out a series of low-pitched bellows (known as bugling) to establish their dominance over a certain region.

By the numbers

47

The number of vehicles that were damaged by one bull, Crowley counted. The nature photographer said visitors are unaware that by slowing down their cars to catch a glimpse of an elk, they can cause an attack. "Despite an abundance of signs warning of the danger and park rangers shouting instructions to keep moving, most drivers simply slowed down," he said. "They appeared unaware that the bulls might actually attack their vehicles."

Metropolitan Panel

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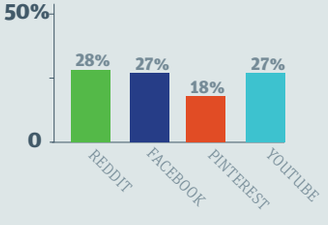
What's the best time-waster website?



Twitter

@iluvnhlgoalies: Oh Winnipeg Transit. How I wish you'd make a route to the iceplex for people like me with no cars.

@HoPP: The mint isn't making any more pennies. So does that mean "a penny for your thoughts" now mean thoughtless? Just wondering.

@OutlawAK: Well at least its wet and cold today here in #Winnipeg

@1000Awesome: @DavidDCain This is gonna sound weird but I think "a winnipeg" would be a good name for a tough animal that lives in the mountains.

@robot_monerz: Why are all the awesome shows before and after I visit Winnipeg?

metro

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RuPaul, host of RuPaul's All Stars Drag Race, won't admit to any favourites on the show. GETTY IMAGES

RuPaul gets revved up for an all-star Drag Race

Go big or go home. Queen of reality TV brings former contestants back to avenge their losses and vie for top prize

NED EHRBAR
Metro World News in Hollywood

After four seasons of fierce competition — with a fiercely loyal cult following — drag superstar RuPaul is giving 12 former contestants another shot at glory with RuPaul's All Stars Drag Race. But don't expect the outspoken host and judge to admit to any favourites.

So what's new on the show this season?

Well, obviously we have the all-stars, who are basically the Avengers of drag. These are the biggest and the best. They are avenging the fact that these are the girls who did not win the top prize, so they've got something to prove. Even the weakest competitor has an incredible story to tell, because these are kids who come from backgrounds where they've been ostracized and shut out, and they've persevered. We all live in a patriarchal, masculine culture, and doing this kind of work, to go against the grain like this, is nothing short of heroic.

Do you have any favourites among the all-stars?

I'm the mommy, I cannot play favourites. Of course I have favourites, but I can't tell anybody (laughs). I have the best job in the world. I've always loved queens. I've always loved people who dance to the beat of a different drummer, and I've found myself in the best job in the world... I love creativity. I love to take something apart and rebuild it and see what makes it work. And when we're producing this show, before the cameras roll, we're putting together an ensemble of creative people to be our competitors, but we're also putting together these challenges that are really kind of life challenges in disguise — wrapped up in pretty, funny packages. So I love being creative, and that's what this job allows me to do. And also I get to usher these incredible entertainers into the big time, because our show is seen in 25 different countries around the world, so they become world-famous. Even the girl who's eliminated first becomes world-famous.

For more info...

- **Watch it.** RuPaul's All-Stars Drag Race series will air exclusively on OUTtv on Mondays, premiering Oct. 22 at 9 p.m. ET/PT.

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Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lindsay Lohan calls police on her dad

Lindsay Lohan apparently can't win with either of her parents.

The actress, whose recent argument with her mom led to police intervention, reportedly called the police on dad Michael Lohan, who had turned up at her Beverly Hills home with a group of friends to stage an intervention, according to TMZ.

Michael told the website that his daughter is in need of treatment and has been surrounding herself with "a bunch of alcoholics and drug addicts."

Police arrived in response to a complaint that Michael and his posse were trespassing, and they soon dispersed.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Timberlake and Biel by the numbers

THE WORD
Dorothy Robinson
scene@metronews.ca

Justin Timberlake married his first wife, actress Jessica Biel, on Friday night in southern Italy.

Although the wedding was on lockdown harder than Britney Spears' virginity circa 1998, some details have leaked out. Here's a quick look at what it took for Biel to become Justified.

150: Number of guests, including Andy Samberg, Jimmy Fallon, 'N Sync singer Chris Kirkpatrick, actress Beverley Mitchell and Timbaland.

2: Number of times the couple has split in their five-year courtship.

5: Number of stars of the Borgo Egnazia, the luxury resort they took over for the festivities. The complex is located in Ostuni, Puglia, in the heel of Italy.

6.4: Cost, in millions, of Friday night's nuptials, according to Radar Online. This figure covered private jets, white flowers throughout the hotel complex, a fireworks show and the resort costs.

Katy Perry

Katy Perry playing hard to get with John Mayer

There's some new insight into why Katy Perry keeps sticking with on-again, off-again beau John Mayer, according to Us Weekly.

Apparently the pop star "believes she can change him," sources say.

"She doesn't want to be just another one of his conquests."

Her latest strategy — which may explain all the breaking up and making up rumours — is reportedly to play hard-to-get.

"She recently told John she was open to see other people," the source says. "Once Katy turned her back on him, he started chasing her again."

Twitter

@lindsaylohan
I don't have a boyfriend. I have Chanel, Hermes and diamonds.

@SamuelLJackson
Let's all just Vote & see what happens! Who needs Bus Fare?!

@IAMJHUD
Just spent $14 on a bag of candy. Come along way from the old corner store.

@SethMacFarlane
Halloween is a great time of year to see some spooooooooooky prostitutes.

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Parenting

Packing made perfect

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Family travel can be a lot of work, particularly if parents are responsible with not only packing for themselves, but for their kids as well.

Inevitably, when you reach your destination, at least one of the kids will pull a T-shirt out of their suitcase and say, "I'm not wearing this."

Put your kids in charge of their own suitcases. Teaching your kids to pack for themselves not only takes the stress off mom and dad, but it trains them to be responsible for their own belongings, which is invaluable as they grow up and head off to summer camp, sleepovers and eventually post-secondary education.

Even young kids who can't read can do their own packing. Give them a list using pictures of what they need to pack, and if you want a specific T-shirt or pair of pants, make them the right colour.

When they're older, help them create their list or at least describe what types of clothes you think they'll need for the different activities they'll be doing.

They'll learn how to avoid not packing enough and over-packing. If they forget something, it'll be a great lesson to take more care the next time.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

So, they're still not eating their lunches?

Kitchen lessons. Food Network chef Dale MacKay shares his tips on getting your kids to eat — and love — what you pack for them

DAN CLAPSON
life@metronews.ca

It's almost the end of October and they're still brining home uneaten sandwiches?

Vancouver-based chef and Top Chef Canada Season One winner, Dale MacKay, offers his tips on getting kids of all ages inspired in the home kitchen and what you should be popping into your kids' lunch boxes.

When you were young, what was your favourite thing to have for lunch?
A good peanut butter and jelly sandwich, some fruit and some yogurt!

Now, as an adult, what's the most important thing to remember when assembling a lunch for your son, Aydan?
Try to hit all the food groups. Pack some raw vegetables, fruit. If you're going to go (with) a snack, then choose good quality granola bars that don't have a lot of sugar.

Does your son help make lunch/spend time in the kitchen with you?
He's starting to a lot more now. We cook dinners at home a lot ... I try to involve him way more often. Whether Aydan's cutting vegetables, pan frying or whatever it is, he's getting a lot more at ease.

Chef Dale MacKay and his son Aydan. SUBMITTED

What's a great fundamental cooking process or meal to start with when getting kids involved in the kitchens?
Chopping (ingredients) with you. Whatever you're cutting, whether it's celery or carrots, you can snack on it while you're cutting and explain why we're doing something a certain way, why you're using something ... why the process is the way it is.

Any tips on how to get a kid to eat a fruit/vegetable they don't like?
That's hard. Some kids certainly don't love fruits and vegetables ... but, take apples (for example) and go through different varieties of them. If you give a child a Granny Smith apple, he may never want to eat one again because they're so tart. If you get a Pink Lady apple, it's sweeter. That's what I did with Aydan and now he loves them so much.

As a parent, what's one junk food/fast food item you hate to see kids eating?
Too much candy! I rarely ever purchase anything that's straight sugar. I don't ever really give Aydan pop, so he doesn't crave it because he hardly ever gets it.

Kitchen Tips

Here are Dale's tips for getting kids of all ages involved in the kitchen.

- **Young children (5 - 8).** Bring them grocery shopping with you and ask for their help while making a meal.
- **Tweens (9 - 12).** Watch the Food Network with them and check out online cooking videos.
- **Teenagers (13 - 18).** Take them to an array of restaurants and search out different flavours found in ethnic cuisines. Then assign one night a week for them to cook.

Exclusively online

metronews.ca/voices

- **Couch potato.** Mommy hasn't watched this much TV since the height of her Full House addiction circa 1993. Follow along with the comedic (mis) adventures of mommyhood online at metronews.ca/voices

Forget the ham sandwich

DAN CLAPSON
life@metronews.ca

Chef Dale MacKay's recipe for homemade falafels is quick, easy and will taste great in your kid's sandwich or wrap come lunchtime!

Ingredients

Yogurt Mint Sauce
- 1/4 cup (50 ml) plain yogurt
- 2 tbsp (30 ml) fresh chopped mint
- 1/4 tsp (1 ml) each salt and pepper

Falafels
- 1/4 cup (50 ml) coarsely chopped red onion
- 2 cloves garlic, sliced
- 1 tbsp (15 ml) parsley leaves
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1/2 cup (125 ml) fresh bread crumbs
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) cayenne pepper
- 1 tbsp (15 ml) olive oil

1. In a small bowl, combine yogurt, mint and 1/4 tsp (1 ml) each salt and pepper. Set aside.

2. In a food processor, finely chop red onion, garlic and parsley. Add chickpeas, bread crumbs, coriander, cumin, baking powder, salt and cayenne. Pulse until a coarse mixture forms. Divide and shape into 4 balls. Flatten to thinness you desire

3. Heat oil in a nonstick skillet over medium heat. Add patties and cook for 3 – 4 minutes per side, or until golden. Patties will be fragile. Turn carefully with 2 spatulas.

This recipe makes four servings. DAN CLAPSON

4. Serve warm with a dollop of yogurt sauce on top.

RECIPE COURTESY OF DALE MACKAY

PB & J sandwich makeover

Most kids — and many adults who want to remember being kids — love peanut butter and jelly sandwiches. Problem is, this childhood staple is high in fat and sugar. So it's time for a remake of that beloved sandwich.

The first fix is the bread. Skip the fluffy white bread and go straight to a multigrain or whole wheat.

The second fix is the jelly. Even the healthiest varieties are jammed with sugar. So start with a base of all-fruit spread, but add a healthy dose of real fresh berries. This gives the sandwich just the right touch of sweetness.

The final trouble spot in the typical PB&J is the peanut butter. Opting for a natural, unsweetened peanut butter gets you on the right track. But even regular peanut butter is loaded with fat. So you want to use it sparingly. But that doesn't taste nearly as good as really loading it on.

The solution? Mix together peanut butter and cooked instant oatmeal. Crazy? Maybe a little. But oatmeal has a nutty, pasty quality to it already. Mixed with peanut butter, it makes a delicious sandwich filling. Of course, be sure not to buy sweetened instant oatmeal. And this recipe works just as well with any of the peanut butter alternatives.

Updated Peanut Butter and Jelly Sandwich

This recipe serves one. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp instant oatmeal
- 3 tbsp non-fat milk
- Pinch salt
- 1 tbsp natural unsalted peanut butter
- 1/4 cup chopped fresh berries
- 2 tsp all-fruit spread
- 2 slices multigrain or wholewheat bread

1. In a small microwave-safe bowl, combine the oatmeal, milk and salt. Microwave on high for 1 minute, or until boiling. Allow to cool for 5 minutes, then stir in the peanut butter.

2. In another small bowl, stir together the berries and fruit spread.

3. Spread the peanut butter-oat mixture on one slice of bread and the fruit mixture over it. Top with the second slice of bread.

THE ASSOCIATED PRESS

Healthy eating

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ROSE REISMAN
for more, visit rosereisman.com

Desserts at restaurants always look delicious and taste even better. Their nutritional information, however, doesn't look quite as nice.

Milestones The Cookie

1,300 calories/ 69 g fat/ 36 g saturated fat/ 113 g sugar
With gelato, which is less calories and fat than ice cream, and chocolate and caramel sauces, this cookie holds a day's worth of fat and calories.

Equivalent

One innocent sounding The Cookie from Milestones is equal in calories to three and a half medium strawberry sundaes from Dairy Queen.

Milestones Ibarra Chocolate Cake

334 calories/ 18 g fat/ 9 g saturated fat/ 30 g sugar
Even with gelato, chocolate sauce and whipped cream, this Mexican chocolate lava type of cake contains less calories, fat and sugar.

Peanut Butter S'mores Bars: Sweeter snacking

The point of these Peanut Butter S'mores Bars was to create a simple snack with the flavour of s'mores, but with the texture, ease and portability of puffed rice treats, which the kids could enjoy after school.

You end up with a layer of marshmallow-rich crushed graham crackers topped with chocolate. To make things interesting, you can then turn them into Peanut Butter S'mores Bars by adding (wait for it): peanut butter. If your kids aren't peanut butter inclined, just leave it out.

1. Coat 9-by-9-inch baking pan with cooking spray.

2. In saucepan over medium-low, add butter, marshmallows and peanut butter. Stir until it is completely melted and smooth.

3. Remove pan from heat and add graham cereal and graham crackers. Stir to coat. Using buttered fingers, press mixture into prepared pan. Set aside.

4. In microwave-safe dish, melt chocolate bits by heating in 30-second intervals, and stirring in between. Spread melted chocolate over bars and sprinkle with the peanuts. Allow to cool and then cut into bars.

THE ASSOCIATED PRESS

This recipe makes 12 servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 tbsp unsalted butter
- 10-oz package marshmallows
- 1/4 cup smooth natural peanut butter
- 3 cups graham cereal, lightly crushed
- 1 sleeve of graham crackers (9 sheets), lightly crushed
- 1 cup semi-sweet chocolate bits
- 1/2 cup lightly salted peanuts

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When even the professor is puzzled

Subject sans-knowledge. Author takes a look at learning from the untaught teacher

BRUCE WALSH
life@metronews.ca

While serving as the director of a faculty development centre at Seattle University, Therese Huston noticed a recurrent complaint emerging from professors: "I'm being asked to teach a subject I never studied."

In 2009, Huston authored a self-help manual for profs coping with this dirty little secret of higher education, Teaching What You Don't Know. And, judging by the book's success, it's an all-too-common problem: The second edition will be released this month, and there's already an audio book on the market, perfect for ever-commuting adjuncts.

"It became increasingly clear that one of the most stressful situations was when someone was teaching not just a new course in terms of preparation, but a new course in terms of having to learn new material," says Huston. "People were embarrassed to talk about that, but this is when they needed the most help."

Based largely on case studies of 28 professors from a wide range of colleges and universities, Huston tackles the issue from course preparation to final exams. "This is the first book to talk openly about teaching outside of your expertise. Most books assume the opposite. So I had to look at the empirical literature differently to find research that might be relevant."

Education unsure

"It became increasingly clear that one of the most stressful situations was when someone was teaching not just a new course in terms of preparation, but a new course in terms of having to learn new material."

Therese Huston
Director of a faculty development centre at Seattle University

The In-Credibility Factor

Name: Darren Smith
City: Baysville, Ont
Age: 25
Occupation: Owner and president of Lake of Bays Brewing Company

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Darren Smith PROVIDED

In his third year of university, Darren started recipe development for his own brand of beer in a pot on top of his stove. After putting together the necessary financing, Smith opened his brewery in May of 2010 with a staff of four. After two successful years, he now employs 25 people and sales of Lake of Bays Beer have quadrupled.

I knew I was on my way when... we started getting the first round of merchandise with our Lake of Bays logo on them. The night we opened, we went into the local pub in Baysville. Everyone was drinking Lake of Bays beer out of our glassware. It was cool seeing it served to people. We've gone from pale ale to four beers and our aim is to become one of the major players in the beer business, taking our brand across Ontario and eventually across the country.

Action Plan

• Talk to people: As an entrepreneur, it's easy to be filled with enthusiasm to make your idea work. Find people who are in the same business as you and really listen to them. You will benefit when they give you honest feedback on your business plan.

• Do some serious financial sleuthing: See if you can get your hands on the finances of a company that is doing what you want to do. Get an idea of the financial structure of the business and ask them how long it took to get established and profitable.

• Abhor fixed costs: In a new business you're building sales and volume and if you have a lot of fixed expenses, it can be really challenging. If you have to deliver your product, contract another company to do the deliveries and when the sales come you can justify buying your own vehicle.

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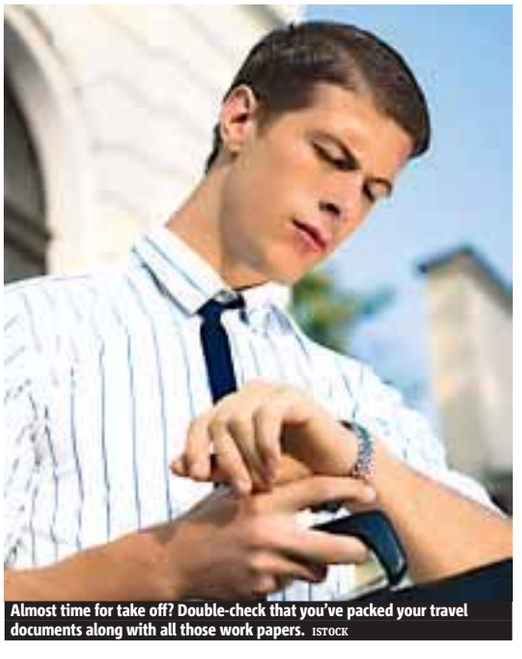
Almost time for take off? Double-check that you've packed your travel documents along with all those work papers. ISTOCK

It's no surprise that company cost-cutting puts added pressure on business travellers, but that shouldn't mean compromising on comfort. Take a look at these helpful tips from Days Inns Canada to make your next business trip stress-free:

What to pack
The most important rule for any business traveller is to pack lightly. Be practical and only take items essential to your trip. Review luggage specifications with your carrier and if you do need to check a bag, be sure to have important documents in your carry-on.

Comfort counts
Why not pass on the four-star hotel and go for a two or three-star that provides clean, comfortable rooms, exceptional service and the essential hotel amenities all at a reasonable price? Many hotels offer a free breakfast and most have a fitness room or pool, so you can keep fit on the road.

Get rewarded
Check with the hotel you're considering to see if they offer a loyalty rewards program designed with the traveller in mind. Look for participating partners and you might earn valuable points or miles on every qualified stay.

Keep in touch
It's a good idea to send your business itinerary to a co-worker, friend or relative, so someone will always know your whereabouts. Be sure to carry a cellphone when travelling alone and, of course, sending an email from the road to keep people informed is a good idea.

NEWS CANADA

It's books before booze for many a student

Rethink the drink.
Author takes a shot at on-campus alcohol abuse policies

BRUCE WALSH
life@metronews.ca

After studying student alcohol use for more than 15 years, Auburn University professor Christopher J. Correia is encouraging administrators to take the judgmental sting out of their drinking policies.

This week, Wiley publishing will release Correia's latest book — College Student Alcohol Abuse: A Guide to Assessment, Intervention and Prevention —which he hopes will become a new policy model for campuses across the country. "The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate," says Correia.

"There are plenty of students with problems, but they don't all have the same problem.

There are short-term problems, perhaps just one particular night, and then there are longer standing problems. We don't serve students well when we try to treat every problem the same way."

Correia co-authored Student Alcohol Abuse with researchers from the University of Memphis and Brown University, along with input from other prominent drug and alcohol analysts.

"It's a public health issue," says Correia. "We need to move away from abstinence-based, restrictive in-patient solutions, and realize there are lots of other treatment models out there — models that are more reality-based than thinking that college students are never going to drink."

An awesome time sans-alcohol: Learners and liquor aren't as quick to mix as we might think. ISTOCK

Not so quick to mix

"The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate."

Christopher J. Correia
Auburn University professor

Positive shift

Changes on the horizon

- While alcohol abuse remains a problem, Correia says the situation is improving. "If you look at the numbers of students that engage in binge drinking, or at the numbers of deaths, injuries and accidents, it's hard to be super optimistic. Those numbers have remained fairly stable. However, we are seeing a positive shift: There are more interventions out there that have empirical support. That means administrators can start to have more confidence in their options."

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Giants third baseman Pablo Sandoval hits a double off of St. Louis Cardinals starting pitcher Chris Carpenter during the first inning of Game 6 of the National League championship series on Sunday in San Francisco. MARK HUMPHREY/THE ASSOCIATED PRESS

Vogelsong has them singing in San Fran

NLCS. Starter pitches Giants to 6-1 victory over Cardinals to force deciding Game 7

Ryan Vogelsong struck out a career-best nine in another post-season gem and the San Francisco Giants forced a decisive Game 7 in the NL championship series with a 6-1 victory over the St. Louis Cardinals on Sunday night.

Marco Scutaro hit a two-run double and Buster Posey drove in his first run of the series with a groundout in the first inning as San Francisco struck early to support Vogelsong.

Allen Craig hit an RBI single in the sixth for the Cardinals.

Game 6

Giants	Cardinals
6	1

Craig shifted from first base to left field in place of injured Matt Holliday, a late scratch with lower back tightness.

Vogelsong's dominating start came almost all on fastballs and commanding cutters to energize an orange towel-twirling crowd on a cool night at San Francisco's waterfront ballpark.

Fans serenaded the 35-yeard-old journeyman with chants of "Vog-ey! Vog-ey!" He struck out the side in the first — allowing only a one-out walk to Matt Carpenter — and mixed in a changeup to get Carlos Beltran swinging for the second out of the inning.

Cardinals ace Chris Carpenter allowed five runs in four shaky innings — identical to his loss earlier in this match-up. Not what the Cardinals had come to expect from him in the post-season, a resumé that includes a Game 7 win in last year's World Series.

And so the wild-card Cardinals are pushed to the brink of elimination once more. They're plenty familiar with that situation.

Carpenter and St. Louis won the decisive Game 5 of the division series at Philadelphia last season, then the Cardinals overcame a 3-2 deficit in the World Series to beat Texas. They won the winner-take-all wild-card game at Atlanta this month and rallied in the ninth at Washington in Game 5 of the division series.

Now they must do it again.

Matt Cain will start for the Giants against Kyle Lohse in Game 7 on Monday night. Lohse won their Game 3 matchup.

THE ASSOCIATED PRESS

By the numbers

5

The Giants have won five straight games this post-season when facing elimination.

Lockout

NHL's Daly says CBA framework is in place

Time is running short to save a full NHL season.

But with just days remaining to strike a new collective bargaining agreement and preserve an 82-game schedule, deputy commissioner Bill Daly indicated that he felt there was a deal to be made.

Asked on Sunday whether there was a chance for the sides to get something in place by Thursday's deadline, Daly responded by saying, "That's more of a question for the union than it is for me.

"We think there's a framework of a deal on the table," he added.

It's the same conclusion a number of observers reached after watching the league and NHL Players' Association move closer together in proposals delivered over the last week.

At worst, they remain about $550 million US apart in the division of revenue over a five-year deal — depending on which of the union's three proposals is used and at what rate the business ends up growing. They could be separated by as little as $320 million.

The NHLPA has shown a willingness to get to the league's desired 50-50 split of revenues over the course of the deal, but wants to ensure all current contracts are honoured in full. THE CANADIAN PRESS

Bill Daly GETTY IMAGES FILE

NFL. Manning one-ups Washington rookie RG3

While Robert Griffin III is quickly becoming the NFL's most exciting quarterback, there's none better than Eli Manning with the game on the line.

Manning one-upped the Washington Redskins' rookie sensation with a pinpoint 77-yard scoring pass to Victor Cruz with 1:13 to play and the New York Giants overcame a late touchdown toss by Griffin to defeat the Washington Redskins 27-23 on Sunday.

The winning drive was the 22nd of Manning's career in either the fourth quarter or overtime, his second this season and eighth over the past two seasons. THE ASSOCIATED PRESS

Eli Manning, left, and Robert Griffin III meet after Sunday's game in East Rutherford, N.J. GETTY IMAGES

CFL

Boyd back in Edmonton 10 days after being cut

The Edmonton Eskimos are bringing back Cory Boyd.

The club announced on Sunday that it had re-signed the running back after releasing him on Oct. 11. The Eskimos say they are bringing Boyd back because of an injury to Hugh Charles.

"As a precaution, we are bringing in Cory who already knows our system," Eskimos head coach Kavis Reed said in a statement.

THE CANADIAN PRESS

CFL. Als' Emry says sorry for punch vs. Roughriders

Montreal Alouettes linebacker Shea Emry has apologized on Twitter for punching Saskatchewan Roughriders lineman Brendon Labatte.

Emry was ejected late in the first half of Montreal's victory in Regina on Saturday for what appeared to be a punch below the belt to Labatte after a Roughriders touchdown.

The 26-year-old apologized to fans of both teams as well as to the CFL and commissioner Mark Cohon.

"I apologize to the @cfl @sskroughriders and @MTLAlouettes fans for my actions yesterday," Emry tweeted on Sunday. "It was a mindless act that isn't admirable." THE CANADIAN PRESS

Quoted

"That's not the person I am off the field nor is it an (example) I want to set for youth that are watching me on the field."

A Twitter post from Montreal linebacker Shea Emry after punching Saskatchewan lineman Brendon Labatte in Saturday's game.

Horoscopes

♈ Aries
March 21 - April 20
The odds may have been against you of late, but you refused to give up and you will soon reap the rewards. Today, you should make it a priority to patch things up with people with whom you've fallen out.

♉ Taurus
April 21 - May 21
The Sun's change of sign tomorrow will give you the chance to help other people, but you have got to be realistic and accept that you cannot help everyone. Do what you can when and where the opportunity arises.

♊ Gemini
May 22 - June 21
Start winding things down a little. You have been moving at top speed for quite a while so now you need to balance things out and give both your body and your mind time to recover. They need it.

♋ Cancer
June 22 - July 23
You need to resolve a family issue that has been causing you sleepless nights, and you need to resolve it now. As of tomorrow, you won't find it so easy to talk to loved ones — nor will you have the time.

♌ Leo
July 24 - Aug. 23
No doubt you have a lot to say for yourself — as always — and no doubt it is well worth listening to. But don't hog the conversation today. Let others have their say. You may be surprised how much you learn.

♍ Virgo
Aug. 24 - Sept. 23
You still have time to sort out a problem that has been bugging you but you have got to be quick. If you leave it much longer it will cause you more than just anguish. It will also cost you some serious money.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if time is running out, but there is no point rushing to catch up because you will only make mistakes. What's done is done and cannot be undone. It is time to move on.

♏ Scorpio
Oct. 24 - Nov. 22
One of the most difficult phases of the year is coming to an end and by this time tomorrow, it will feel as if a great weight has been lifted from your shoulders. Maybe it has or maybe it was never really there.

♐ Sagittarius
Nov. 23 - Dec. 21
As usual, you have been taking risks and cutting corners, and you have largely gotten away with it. However, the Sun's change of signs tomorrow means you need to tread carefully from now on.

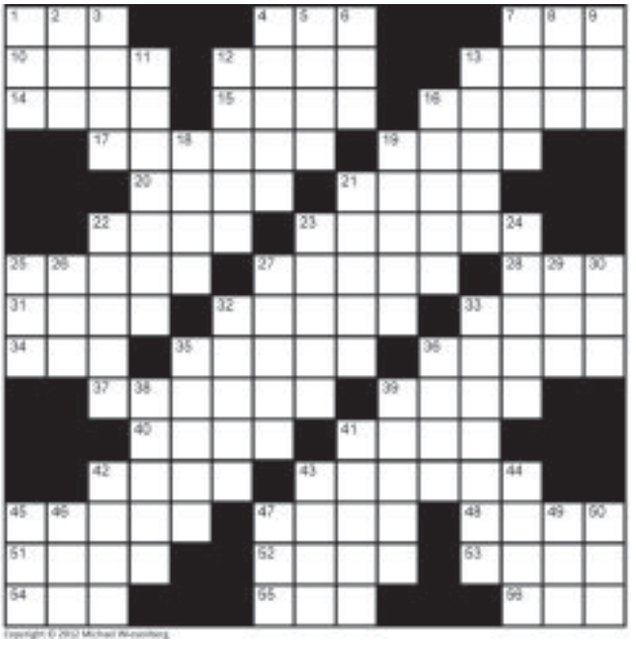
♑ Capricorn
Dec. 22 - Jan. 20
What seemed like a setback last week will now reveal itself to be a blessing in disguise, so don't feel too upset if you were denied something you desired. And stop worrying what the future will bring. It's all good.

♒ Aquarius
Jan. 21 - Feb. 19
If you define your goals clearly over the next 24 hours, you will be given the chance to realize them before the year comes to an end. Ignore what other people expect of you. Do only what feels right to you.

♓ Pisces
Feb. 20 - March 20
You are coming to the end of a difficult phase, but you have to admit that the lessons it taught you were valuable, maybe priceless. Here's another one: Don't overreact and do anything stupid. **SALLY BROMPTON**

From a Bank to a Failure

BY MICHAEL WIESENBERG



Across
1. BMO competitor
4. Animal enclosure
7. Alta. neighbour
10. Of the mouth
12. Charity event
13. "Arrivederci!"
14. Completely naked
15. Mounties, in short
16. Accompaniment for fajitas
17. Conservative Party
19. Conflagration
20. Pecans and pistachios
21. Plant used to make poi
22. Impertinent talk
23. Canadian or Laurentian ___: geological area that covers over half of Canada
25. 39.37 inches
27. Hiker's trail marker made of stones
28. ___ de Cologne
31. Like some fine wines or cheeses
32. Chess pieces
33. Black or yellow dogs, for short
34. Canadian name for what is called soda in the US
35. Ontario and Great Slave
36. Vice ___: in opposite order from that stated
37. Divvied up
39. Low voice
40. Aardvark delicacies
41. Can of worms, perhaps
42. Black and wet
43. 1,000 kilogram units
45. Black-and-white "bear"
47. Vassal
48. Peruse
51. Quaker ___ cereal
52. "___ I care" (I don't care) (2 wds.)
53. Belle's boyfriend
54. Pete Townshend and Roger Daltrey's group, with "The"
55. Yukon's Logan and BC's Robson: abbr.
56. Satirical magazine that's been around since the 1950s

Down
1. Steal
2. Woman's undergarment
3. Grocery store vehicle
4. Footsteps
5. Shade trees
6. 40 winks
7. World's longest river
8. Existed
9. "One ___ customer" (2 wds.)
11. Montréal singer-poet Cohen best known for "Suzanne"
12. 32-Down, familiarly
13. Christmas song
16. Ambulance alert
18. Deceptive man-oeuvre
19. County exhibitions
21. Loses weight, with "down"
22. Paces
23. Cut, as lumber
24. Honeys
25. You might go to the CAA for one
26. Bigheadedness
27. Baked desserts
29. Belly muscles, for short
30. Can. neighbour
32. Liberal ___
33. 14th PM Pearson (1963-68) (2 wds.)
35. Sri ___, formerly Ceylon
36. Like Narcissus
38. Poker players hold these
39. Many visitors to Calgary come because of its proximity to this
41. Early Frankenstein's Monster player Karloff
42. Fascinated by
43. Exam
44. Appear
45. "Right in the kisser!" preceder
46. What a dentist wants you to say
47. *I Am* ___: 2001 Sean Penn movie
49. Small battery
50. Failure

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2	4	3			
	2			5			6	
	1	3				4	7	
		7				3		
4		1		2		8		7
		9				1		
	4	8				6	9	
	3			9			1	
			5	8	6			

Friday's Sudoku

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 8° MIN: -1°	MAX: 12° MIN: 4°	MAX: 5° MIN: -1°

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